

GETTING HEALTHY+ STAYING HEALTHY WITH YOUR MEAL PLAN



OUR PHILOSOPHY:

Our commitment is to help you power your life on campus with good food and a dining program that makes it easy for you to eat right. It's why we have healthy and wholesome choices available every day. And it's why we have nutrition and wellness programs that help take some of the mystery out of healthy living. Here are just a few of the many steps that we are taking to support your health and well-being.



EAT WELL

We highlight better-for-you menu items on our dining hall nutrition card signage and dining website menu page with our "Eat Well" icon. Over 30% of our menu items are "Eat Well" and meet the following nutrition criteria:

- At least 1 full serving of nutritionally dense whole foods (i.e. fruits, vegetables, leafy greens, whole grains, beans, lean protein)
- Lower in Calories (avg. ≤ 500 , none > 650 for entrees)
- Lower in Saturated Fat (avg. $\leq 10\%$ of calories from fat, none $> 15\%$)
- No High Sodium Items (avg. $\leq 700\text{mg}$, none $> 900\text{mg}$ for entrees)



MADE WITH WHOLE GRAINS

The fiber in whole grains slows down digestion and helps you feel full. Selections made with "good-for-you" ingredients such as whole grains are flagged on our dining hall nutrition card signage and dining website menu page. More than 10% of our menu selections have whole grains or whole wheat as a leading ingredient.



VEGAN/VEGETARIAN

We have vegan breads and soy milk available daily, as well as meatless soup, pasta, pizza, veggie burgers and vegan dessert options. Salad bars feature vegan protein toppings such as beans, legumes and seeds. 30% of our main dishes are vegan or vegetarian.



MADE WITHOUT GLUTEN

We offer a selection of deli meats, salad dressings and cereals that do not contain gluten, as well as gluten-free prepackaged options available upon request such as bread and pasta. We use gluten-free beef, chicken and vegetables bases in preparation of soups, sauces, casseroles, etc. and offer many menu offerings daily that are made without gluten-containing ingredients.*

SPECIAL DIETARY NEEDS

We recognize various food preferences and allergies among a large campus population and are dedicated to meeting the nutritional needs of our students.

Our goal is to provide students with the tools and support they need to utilize the dining halls safely and be active in the management of their food allergy or food-related medical condition on campus. We take into account each individual student's personal dietary needs and make every effort to help transition students into their new life at Gator Dining

HAVE SPECIAL DIETARY NEEDS, FOOD ALLERGIES OR INTOLERANCES?

Individual students are able to meet with the RD, managers and chefs to make arrangements for specially prepared food when the daily menu offerings do not meet their needs. Contact our Registered Dietitian, Raina Rivera: Rivera-Raina@Aramark.com

HAVE NUTRITION-RELATED QUESTIONS? NEED GUIDANCE OR ADVICE ON HEALTHY EATING ON CAMPUS?

Contact our Registered Dietitian, Raina Rivera.

Email: Rivera-Raina@Aramark.com

Office phone: (352) 273 - 0591

*Even foods commonly prepared without gluten-containing ingredients may not be "gluten-free". Our recipes are prepared in open kitchens where cross-contact is possible and where ingredient substitutions are sometimes made. Aramark relies on our vendors' allergy warnings and ingredient listing. Aramark cannot guarantee that any food item will be completely free of allergens. If you have Celiac Disease or a gluten sensitivity, please notify your on-site manager to request an individually prepared or prepackaged "gluten-free" option.

Get more information at www.gatordining.com | 352--392-2491

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